

MY PRAYER BOOK



*A step-by-step guide to perfect
your child's obligatory prayer
according to the Qur'ân and the Sunnah.*

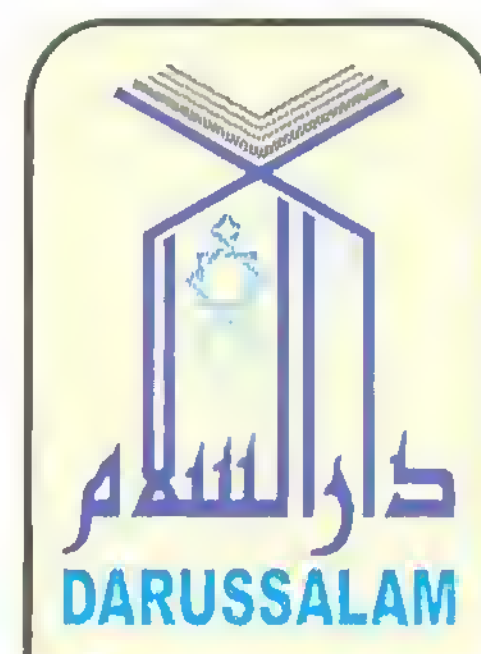
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قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ
وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

*“Say: Verily, my prayer, my sacrifice,
my living and my dying are for Allâh.*

*The Lord of the ‘Âlamîn (mankind,
jinn and all that exists).” (6: 162)*

How to pray

The Prophet Muhammad ﷺ said:

صَلُّوا كَمَا رَأَيْتُمُنِي أَصَلِّي (صحيح البخاري)

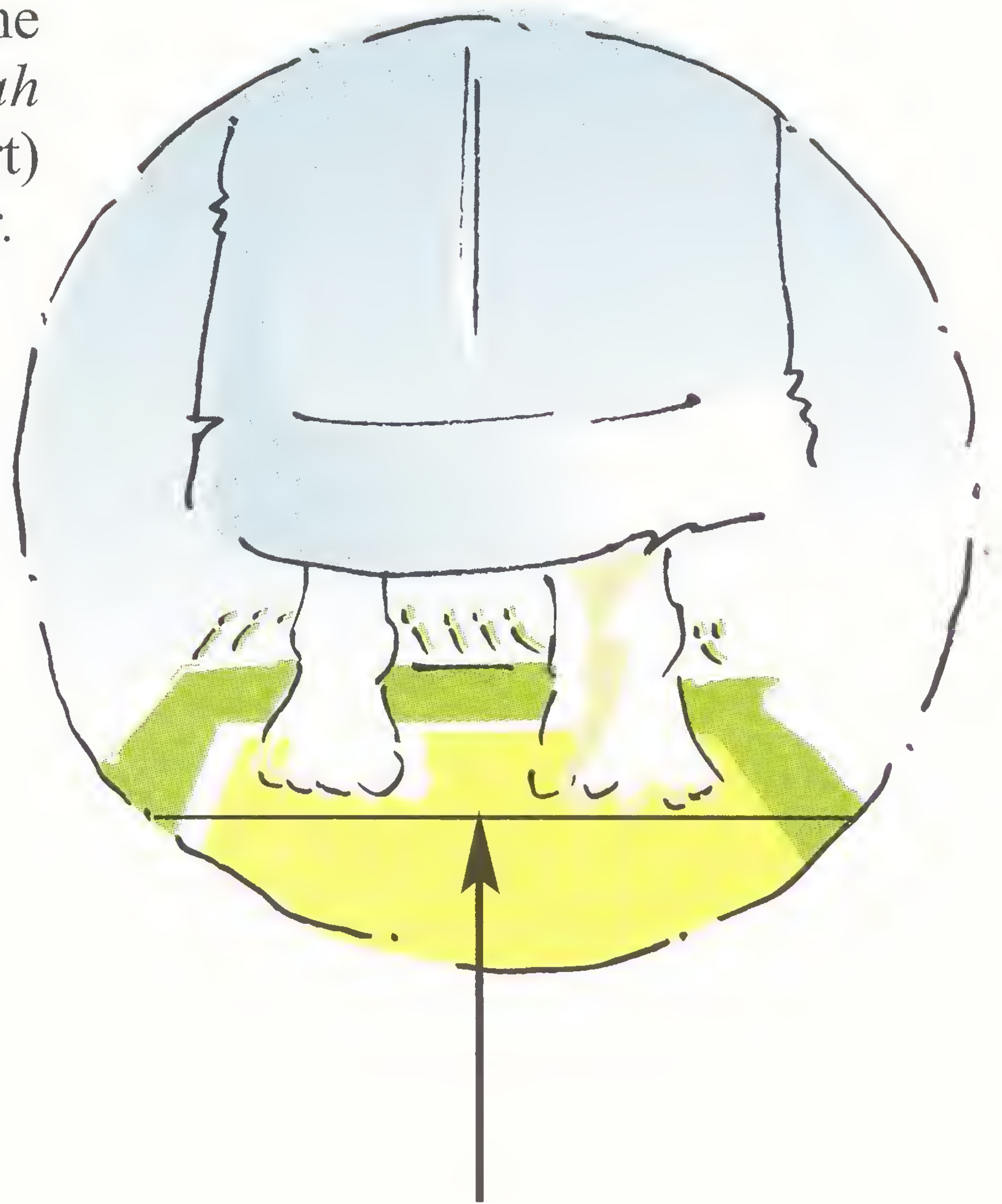
“Pray as you have seen me praying.”

(Sahih Al-Bukhari)

The obligatory prayers are:

2 Rak‘at Fajr, 4 Rak‘at Zuhr, 4 Rak‘at ‘Asr, 3 Rak‘at Maghrib,
4 Rak‘at ‘Ishâ’.

Stand straight facing the *Qiblah*, make *Niyyah* (intention in your heart) for the intended prayer.



Stand for prayer with your feet towards *Qiblah*.

Then start the prayer with this supplication:

اللَّهُمَّ! بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ،
اللَّهُمَّ! نَقِّنِي مِنْ خَطَايَايَ كَمَا يُنْقَى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ!
اغْسِلْنِي مِنْ خَطَايَايَ بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ.

Allâhumma bâ'id bayni wa bayna Khatayaya kama
ba'atta baynal-mashriqi walmaghribi. Allâhumma
naqqini min Khatayaya kama yunaqqath-thawbul-
abyadu minad-danasi, Allâhummagh-silni min
khatayaya bilma'i waththalji walbaradi.

“O Allâh! Keep me apart from my sins (faults) as you have kept apart the east and west. O Allâh clean me from my sins as a white garment is cleaned from dirt. O Allâh wash me off my sins with water, snow and hail.”

